

# The Island

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Séverine Fillion (FR) - September 2016  
音樂: The Island - Shauna McStravock



Intro : 18 counts (No Tag, No Restart)

## [1-8] HEEL SWITCH, SCUFF HITCH STOMP, TOE & HEEL TOUCHES, COASTER STEP

1&2&      Touch right heel fwd, recover on right, Touch left heel fwd, recover on left  
3&4      Scuff right, Hitch right knee, right Stomp cross over left  
5&6      Touch left toe just behind right, recover on left, Touch right heel fwd  
7&8      Right back, left next to right, right fwd

## [9-16] HEEL SWITCH, SCUFF HITCH STOMP, TOE & HEEL TOUCHES, COASTER STEP

1&2&      Touch left heel fwd, recover on left, Touch right heel fwd, recover on right  
3&4      Scuff left, Hitch left knee, left Stomp cross over right  
5&6      Touch right toe just behind left, recover on right, Touch left heel fwd  
7&8      Left back, right next to left, left fwd

## [17-24] HEEL GRIND & HEEL GRIND & HEEL GRIND ¼ TURN R, COASTER STEP

1-2      Push right heel on the ground and swivel right toe to the right  
&      Recover on right next to left  
3-4      Push left heel on the ground and swivel left toe to the left  
&      Recover on left next to right  
5-6      Push right heel on the ground and swivel right toe to the right with ¼ turn right 3 :00  
7&8      Right back, left next to right, right fwd

## [25-32] TRIPLE STEP FWD, STEP ½ TURN L, ¼ TURN L & SIDE TRIPLE, BEHIND SIDE CROSS

1&2      Triple step left – right – left fwd  
3-4      Right step fwd, Turn ½ left (weight on left) 9 :00  
5&6      Turn ¼ left and Triple step right – left – right to right side 6 :00  
7&8      Left cross behind right, right to right, left cross over right

## [33-40] KICK BALL CROSS, KICK BALL CROSS, SIDE ROCK, SAILOR STEP

1&2      Kick right fwd, right next to left, left cross over right  
3&4      Kick right fwd, right next to left, left cross over right  
5-6      Rock step right to right side, recover on left  
7&8      Right cross behind left, left to left, right to right

## [41-48] SAILOR STEP, BEHIND SIDE CROSS, PADDLE FULL TURN LEFT

1&2      Left cross behind right, right to right, left to left  
3&4      Right cross behind left, left to left, right cross over left  
5&6&7&8      Full turn left in place started by left foot : L – R – L – R – L – R – L

## [49-56] CROSS ROCK & CROSS ROCK & STEP ½ TURN L, WALK, WALK

1-2&      Cross Rock right over left, recover on left, right next to left  
3-4&      Cross Rock left over right, recover on right, left next to right  
5-6      Right step fwd, Turn ½ left (weight on left) 12 :00  
7-8      Walk fwd on right, on left

## [57-64] CROSS ROCK, SIDE TRIPLE STEP, CROSS ROCK, ¼ TURN L & TRIPLE FWD

1-2      Cross Rock right over left, recover on left

3&4 Triple step right – left – right to right side  
5-6 Cross Rock left over right, recover on right  
7&8 ¼ turn left and Triple step left – right – left fwd 9 :00

**START AGAIN & ENJOY !**

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